



EARLY CHILDHOOD

Children must be the age or grade listed by the first day of the program-no exceptions.



Kid Rock I & II 20 months-4 Years

Are you ready to rock? Come join us for a unique musical adventure your child won't soon forget! This structured music and movement program combines songs and rhymes, pretend play, rhythm activities and gross motor exercises, plus helps with listening skills and socialization. Each session a new educational theme is presented, around which all activities relate. Music activities vary depending on age group. Come sing, dance, and have a blast with us! A new curriculum is taught each session. Visit us at www.rock-itkids.com for more information.

Min/Max: 4/12 6 Classes

Kid Rock I

An introduction to imaginative play and gross motor movements.

Age: 20-36 Months with parent
Location: Recreation Center Multi-Purpose Room
Fee: \$46 Resident/\$66 Non-Resident

Day/Time: Fri/9:15-9:55 am
Session **Program #**
Jun 22-Aug 3 116081
(Exc. 7/6)

Kid Rock II

More advanced imaginative play and gross motor movements: encourages independence as parents are only invited to attend the first and last class of each session.

Age: 2 1/2-4 Years without parent
Location: Recreation Center Multi-Purpose Room
Fee: \$46 Resident/\$66 Non-Resident

Day/Time: Fri/10:00-10:40 am
Session **Program #**
Jun 22-Aug 3 116082
(Exc. 7/6)

Rock 'n' Roll Storytime I & II 20 Months-4 Years

Storytime Rocks! This is not your ordinary storytime! Sitting in a circle quietly reading books? Not here! The creators of Kid Rock have another unique adventure for your child! At Rock n' Roll Storytime, we'll be movin' and groovin' while using our imaginations to put original stories about characters Rocky and Rolland to music! Musical activities such as singing, dancing, and using movement props will be combined with literacy activities to help enhance your child's creativity, language development and pre-reading skills. Activities vary depending on age group. Visit www.rock-itkids.com for more information. Min/Max: 4/12 6 Classes

Rock 'n' Roll Storytime I

Age: 20-36 Months with parent
Location: Recreation Center Multi-Purpose Room
Fee: \$46 Resident/\$66 Non-Resident

Day/Time: Fri/11:45-12:25 am
Session **Program #**
Jun 22-Aug 3 116071
(Exc. 7/6)

Rock 'n' Roll Storytime II

Age: 30 Months-4 Years without parent
Location: Recreation Center Multi-Purpose Room
Fee: \$46 Resident/\$66 Non-Resident

Day/Time: Fri/11:00-11:40 am
Session **Program #**
Jun 22-Aug 3 116072
(Exc. 7/6)

Rock-It Blast Camp! 3-5 Years without parent

Double your fun and learning with Kid Rock *and* Rock 'n' Roll Storytime! It starts with 40 minutes of Kid Rock, followed by a 20-minute snack break, and then 40 minutes of Rock 'n' Roll Storytime! (See separate class descriptions of Kid Rock and Rock 'n' Roll Storytime.) Children must be able to handle class independently and must bring their own snack and drink each week. All participants will receive a \$20 rebate from Rock-It Productions after enrolling in camp. Come sing, dance and have a BLAST with us! Visit us at www.rock-itkids.com for more information! Min/Max: 4/12 6 Classes

Location: Recreation Center Multi-Purpose Room
Fee: \$94 Resident/\$114 Non-Resident

Day/Time: Fri/10:00-11:40 am
Session **Program #**
Jun 22-Aug 3 116041
(Exc. 7/6)



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Where Grades are listed for age categories, grade levels apply to 2007/2008 school year.



Start Smart Soccer 3 & 4 Years with parent

Before your child gets involved in organized sports programs, the fundamental motor skills are needed to serve as the basis for developing more complex skills. This **parent/child program** gives instruction on how to teach the basic skills of kicking, passing and ball handling. The basic concepts and positions will be introduced.

Min/Max: 8/12 4 Classes

Location: Emricson Park-
Meet at Basketball Courts

Fee: \$25 Resident/\$37 Non-Resident

Day/Time: Mon/4:30-5:15 pm

Session	Program #
Jun 11-Jul 2	116061

Start Smart Sports Camp 3 & 4 Years with parent

Before your child gets involved in organized sports programs, the fundamental motor skills are needed to serve as the basis for developing more complex skills. This **parent/child program** gives instruction on how to teach the basic skills of kicking, throwing, catching and shooting. The basic concepts and positions will be introduced.

Min/Max: 8/12 4 Classes

Location: Emricson Park-
Meet at Basketball Courts

Fee: \$25 Resident/\$37 Non-Resident

Day/Time: Mon/4:30-5:15 pm

Session	Program #
Jul 16-Aug 6	116063

Messy Hands Art 3 & 4 Years with parent

Little ones will enjoy playing while they learn through various art projects. We will have fun with a variety of art supplies and parents don't have to worry about the mess. Your little one will learn shapes and colors and will be proud of their completed crafts. Dress for a mess!!

Min/Max: 6/10 4 Classes

Instructor: Pam Lopatin

Location: Recreation Center Multi-Purpose Room

Fee: \$30 Resident/\$45 Non-Resident

Day/Time: Wed/10:00-10:45 am

Session	Program #
Jun 6-27	116021



Bugs, Beetles and Butterflies 4-7 Years without parent

Don't miss the chance to get outside and hunt for bugs! Dig in the park, overturn a rock, catch as many critters as you like. We'll study them and "put them down on paper" as we explore nature through art projects. We recommend sunscreen and hats for this outdoor class.

Min/Max: 6/12 2 Classes

Instructor: Pam Lopatin

Location: Hilltop Pavilion-Emricson Park

Fee: \$33 Resident/\$50 Non-Resident

Day/Time: Tue & Thu/10:00 am-noon

Session	Program #
Jun 12 & 14	124131



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Children must be the age or grade listed by the first day of the program-no exceptions.



Mom and Baby Yoga Babies 8 weeks until Walking

Transform the body, renew the mind, and refresh the spirit with this postpartum Yoga class designed for mom and baby. This safe and gentle Yoga will help increase muscular strength and endurance, improve flexibility and introduce breathing techniques for relaxation. Moms and babies will enjoy this concentrated time together. Please wear comfortable, layered clothes and bring a blanket and car seat/baby seat. Min/Max: 6/8 6 Classes

Instructor: Cindy Robson, AFAA Certified Group Fitness Instructor/Yogafit Instructor
Location: Recreation Center Multi-Purpose Room
Fee: \$46 Resident/\$66 Non-Resident

Day/Time: Fri/8:00-9:00 am
Session **Program #**
Jul 13-Aug 17 132131

FAMILY MEMBERSHIP SPECIAL AT THE WOODSTOCK RECREATION CENTER

Full-time members may now sign-up their children, 13 years old and younger, as members of the Recreation Center and **THE KIDS ARE FREE.**
SEE PAGES 39-43 FOR MORE INFORMATION.

Stroller Strides Parents and Children in Strollers

Are you a new parent looking to get in shape and meet other new parents? Then Stroller Strides is your solution! This is a total fitness program that moms or dads can do with their children. Stroller Strides class will consist of a power walk combined with body sculpting exercises using exercise tubes. In 60 minutes you will get a total body workout improving your cardiovascular endurance, strength and flexibility. Perfect for people of all fitness levels; you create your own intensity. Please bring your own stroller and a towel or mat for ground exercise. Scheduled play dates and Moms' Night Out events will be planned. Visit our website at www.strollerstrides.net/ woodstock Min/Max: 1/25

Instructor: Ina Weiskopf
Location: Main Pavilion-Emricson Park
Inclement Weather Location-Recreation Center Gym

Day/Time: Tue & Thu/9:30-10:30 am

Session: May 22-Jul 12 (Exc. 6/12, 14)

Fee **Program #**
Full Class Pass 132161
(14 Classes)
\$90 Resident/
\$110 Non-Resident
(Valid for current session ONLY)

10 Punch 132162
\$72 Resident/
\$92 Non-Resident
(Valid for current session ONLY)

Session: Jul 17-Aug 30

Fee **Program #**
Full Class Pass 132163
(14 Classes)
\$90 Resident/
\$110 Non-Resident
(Valid for current session ONLY)

10 Punch 132164
\$72 Resident/
\$92 Non-Resident
(Valid for current session ONLY)

